

City Hall Fitness Room

Rules of Use*

- ◆ Hours of Operation; 7:00 AM – 8:00 PM**, Mon - Fri
- ◆ Use of fitness room is allowed during non-paid hours; before / after work and lunch breaks
- ◆ Prior to use, employees are responsible to learn proper exercise techniques, as well as to consult with their medical provider regarding possible health risks
- ◆ Wear appropriate clothing and footwear
- ◆ Act with courtesy and respect toward others using the room or equipment
- ◆ Wipe down equipment after use
- ◆ Non-employee guests are not permitted
- ◆ Report equipment damage immediately to: [gs.wo.desk](#)
- ◆ Dial **9-1-1** for emergencies

***FAILURE TO COMPLY WITH THE POSTED RULES MAY
LEAD TO A LOSS OF USE PRIVILEGE.**

